

- b. Jump from heights and roll to a stand, using a forward roll.
- c. Jump from heights and roll to a stand, using the shoulder roll.
- d. Dive over obstacle and roll to a stand. See dive and roll description.
- e. Companion stunts. (Two high)

1. Sitting on Shoulder.

The top man spreads his legs and stands with his back to the bottom man. The bottom man places his head between the legs of the top man, who springs upward as the bottom man rises to a stand.

2. Standing on Shoulders.

Men face each other with hands joined and arms crossed. The bottom man places his left leg forward and bends his knees. The top man places his left foot on the left thigh of the bottom man, and steps up, placing the right foot on the right shoulder of the bottom man and the left foot on the left shoulder. The bottom man releases hands and places his hands behind the knees of the top man.

3. Fall and Roll

From two-high (sitting or standing on shoulders) at a signal both men lean forward, disengage and roll forward to a stand.

Suggestions

- 1. Use several thicknesses of mats for safety.
- 2. Place mats end to end to increase distance and difficulty as class progresses.
- 3. Use an assistant on the difficult exercises such as the Head Spring and Hand Spring.

f. Grenade Throwing.

The Grenade Throw is a combination of a shot put and a catcher's peg. Before the grenade is thrown the safety pin must be pulled out with a pulling twisting motion. The pulling of the safety pin arms the grenade, but it will not fire until the thrower releases the lever.

"The throw is executed by bringing the right arm up until the elbow is on a line with the shoulder. The palm of the hand is up near or touching the shoulder. At the same time, the left arm is extended, palm down, and pointing toward the target. The weight is on the right foot with the eyes sighting along the left arm. The right arm is then thrown upwards, as in shot-putting, but straightens out and follows through as in a catcher's throw." (How to Throw a Grenade. Scholastic Coach, 12:26. September, 1942)

There should be no muscle strain or pull at any point. Rocks of approximately twenty ounces in weight can be used for practice in grenade throwing. Rocks or other objects may be wrapped with friction tape if a more realistically shaped article is desired.